



The **WEL**lesley Employee

Taking Charge

ONLINE SEMINAR

Proactively boost your health and mental wellbeing. Establish healthy habits early, prevent crises, and take control of your wellness journey.

LET US HELP

Visit your home page starting December 16th

WEBSITE: www.cmgassociates.com

PASSWORD: WELL

Happy Holidays Start with Safety! Top Tips for Celebrating Safely this Holiday Season



Toys

- Follow safety information on packages, and choose toys that match your child's abilities.
- Get safety gear and ensure it's worn properly at all times and sized to fit.
- Keep small balls and toys with small parts away from children younger than age 3.

Cooking

- Never leave food unattended on the stove or in the oven.
- Keep flammable items away from the stove and oven.
- Fry a turkey outside only, and away from your home and do not overfill the oil in the turkey fryer.

Decorating

- Keep your live Christmas tree well-watered and look for the "Fire Resistant" label when buying an artificial tree.
- Place burning candles away from flammable items, and blow them out before leaving the room.
- Only use lights tested for safety and throw out sets with broken sockets, or frayed wires.



United States
Consumer Product Safety Commission



CPSC.gov
USCPC



NSN-02-110204

**DECEMBER WELLNESS:
HEALTHY HOLIDAYS**





[Click to see MIIA Training Calendar](#)

Did you know that you have access to recorded trainings on a variety of topics through MIIA? If you don't already have a login, you can register here using your Wellesley email: <https://www.emiia.org/join>

MIIA's New E-learning Center provides quality training to meet annual requirements and tracks compliance for organization members at no cost to you. Train anytime, anywhere with our vast online library that includes more than 3,000 diverse courses and videos. For instructions on how to register, [click here](#).

Do you have an event or training that you would like to make available to all employees? Please contact Jen Glover jglover@wellesleyma.gov



MONTHLY ACTION ITEM

Submit a claim for your fitness reimbursement through your medical insurance!

BCBS Fitness [Reimbursement](#)
Form BCBS Weight Loss [Reimbursement](#) Form
[HPHC Fitness Reimbursement](#)



Creating Healthy Habits

When you are proactive with your wellbeing, it means taking steps improve your physical and mental health - before you have an issue. We can support you while creating or maintaining healthy habits.

LET US HELP

TOLL-FREE: 833-549-3277
WEBSITE: www.cmgassociates.com
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DECEMBER 2025



YOUR EMPLOYEE SUPPORT PROGRAM

ALWAYS AVAILABLE | FREE | CONFIDENTIAL



Living Well at Home with virtual wellness classes

Our well-being programs are here for you when you need them the most.

Click the picture above for FREE, at home activities! ALL employees are welcome to participate, you do not have to be a member of HPHC.

Even Blitzen knows not to drive blitzed.



Exclusive Membership Discount for Town Of Wellesley Full-Time Employees!



[Click here for more information](#)

[CLICK HERE FOR YOUR EMPLOYEE ASSISTANCE PROGRAMS](#)